

Framingham Parks & Recreation Department

2017 Swim Lesson Information



1. **Session 1**

- Registration begins on Monday, June 26, at 9:00am **online only**
- Classes will be held Monday, July 10 – Wednesday, July 19 (8 consecutive weekdays).

Session 2

- Registration begins on Monday, July 24, at 9:00am **online only**
- Classes will be held Monday, July 31 – Wednesday, August 9 (8 consecutive weekdays).

**** PLEASE REGISTER AT www.framinghamrec.com on the appropriate day.**

2. In case of inclement weather, class cancellation will be announced on our website at www.framinghamrec.com or by calling 508-532-5962. Classes **will be held** if it is raining, but **will not be held** if there is a thunderstorm.
3. Each class lasts approximately 30 minutes, toddlers less time (20 min.) if the water is cold.
4. Lessons follow the Red Cross curriculum. However, Red Cross completion cards will not be issued.
5. Please be sure your child has extra towels on chilly days as well as a sweatshirt.
6. Parents are requested to remain away from the lesson area. Any questions can be asked of the instructor immediately following class, or by leaving a message at 508-532-5960.
7. **All registered participants will be given a beach tag. All others must have beach tags to be admitted to the beach area, or will be charged an entrance fee.**
8. **Cost:** \$38.00 per participant for 8 classes. Beach tag for participant included and will be handed out at the beach prior to lesson.
9. **All classes must have a minimum of 6 students in order to be held. You will be notified on Friday of registration week if your class will be cancelled or relocated to another beach.**

WAUSHAKUM BEACH

SAXONVILLE BEACH

LEARNED POND

10:15 – 10:45am	Level 3	11:00 – 11:30am	Level 3	10:15 – 10:45am	Level 4 & 5
11:15 – 11:45am	Level 2	12:00 – 12:30pm	Level 2	11:00 – 11:20am	Preschool
12:15 – 12:35pm	Preschool	1:00 – 1:30pm	Level 1	12:00 – 12:30pm	Level 1
1:15 – 1:45pm	Level 1	2:00 – 2:20pm	Preschool	1:00 – 1:30pm	Level 2
				2:00 – 2:30pm	Level 3



SWIM LESSON – LEVEL INFORMATION

PRESCHOOL - WATER INTRODUCTION

For non-swimmers who have no experience. This course will introduce and help to make the swimmer familiar and comfortable in the water. Parents DO NOT participate. Flotation devices (bubbles) will be used and are provided.

LEVEL 1 - WATER EXPLORATION

For non-swimmers who have little or no experience. This course will provide an introduction to the aquatic environment. Skills taught include: supported floated and kicking on front and back, alternating arm action and water safety.

LEVEL 2 - PRIMARY SKILLS

This course expands on the fundamental aquatic locomotion skills; floatation, kicking on front and back. New skills presented are rhythmic breathing, combined stroke on front and back, and turning (front to back and back to front).

LEVEL 3 - STROKE READINESS

This course will focus on increasing swimming skill competency and practice of safety and rescue skills. Skills to be introduced include fundamentals of elementary backstroke, jumping into deep water, bobbing, and refinement of dives from the wall, and standing positions.

LEVEL 4 - STROKE DEVELOPMENT

This course will assist the swimmer in developing confidence and competency in stroke and safety skills beyond the preceding levels. New skills to be introduced include: breaststroke, sidestroke, turns at the wall, deep water bobbing, refinement of dives from the wall, and standing positions.

LEVEL 5 - STROKE REFINEMENT

This course will continue refinement of the crawl, back crawl, elementary back- stroke, breaststroke, and sidestrokes. New skills include the butterfly, surface dives, alternating breathing, swimming underwater, open turns (front & back), and diving safety.

LEVEL 6 - SKILL PROFICIENCY

The purpose of this course is to develop maximum efficiency and endurance for all strokes. New skills include flip turns, alternating kicks for treading water, tuck and pike surface dives, throwing rescues, and turning a spinal injured victim face-up.

LEVEL 7 - ADVANCED SKILLS

This course will emphasize whole stroke skills in order to swim more efficiently, with more ease, relaxation, smoothness, and for greater distance. Rescue techniques and introduction to advanced rescue skills will be taught.